



**Red**   
**Umbrella**  
The Mental Health Experts

# Introducing Red Umbrella



At Red Umbrella, our mission is to improve the mental wellbeing of the UK workforce by working in partnership with large employers to deliver **bespoke mental health training** and **support solutions**.

Mental health presents a significant risk to large employers through reduced productivity, lost working days and a difficulty attracting new talent. Red Umbrella is committed to **building long-term partnerships** with large employers to help them to **create supportive working environments** for their staff through training and the provision of mental wellbeing services.

Red Umbrella is the mental health expert who can help large organisations to take positive steps to **protect operational capability** and **enhance the mental wellbeing** of their workforce.

# Our Services



## Accredited Mental Health First Aid training



Specialist mental health  
training for managers, HR  
staff and senior leadership

Webinars on over  
40 subjects

Bespoke mental  
health programmes

Support and guidance on  
your mental health journey

# Mental Health First Aid Training



Here at Red Umbrella we provide a range of off-the-shelf accredited Mental Health First Aid (MHFA) training to suit your needs.

Our Ofqual regulated MHFA training is accredited by Nuco, and curated to deliver the best learning experience. This course can be delivered as a half-day, one-day and two-day course, and is our recommended course for learning more about mental health and being able to support people better. There is also a one-day Mental Health First Aid for youth course, aimed at those working with children and young adults.

We also provide the Ofqual regulated Mental health First Aid in the Workplace training, accredited by Quallsafe. This course is similar to the Nuco training, but has a little more emphasis on the workplace impact of mental health.

Both the Nuco and Quallsafe courses come with a level 1, 2 or 3 qualification at the end.

We can also deliver the MHFA England training courses, which are available as half-day, one-day and two-day courses. Whilst these courses don't come with a recognised qualification at the end, MHFA England was one of the first mental health courses available in the UK, and has a reputation as being one of the most recognised training courses in the mental health space.

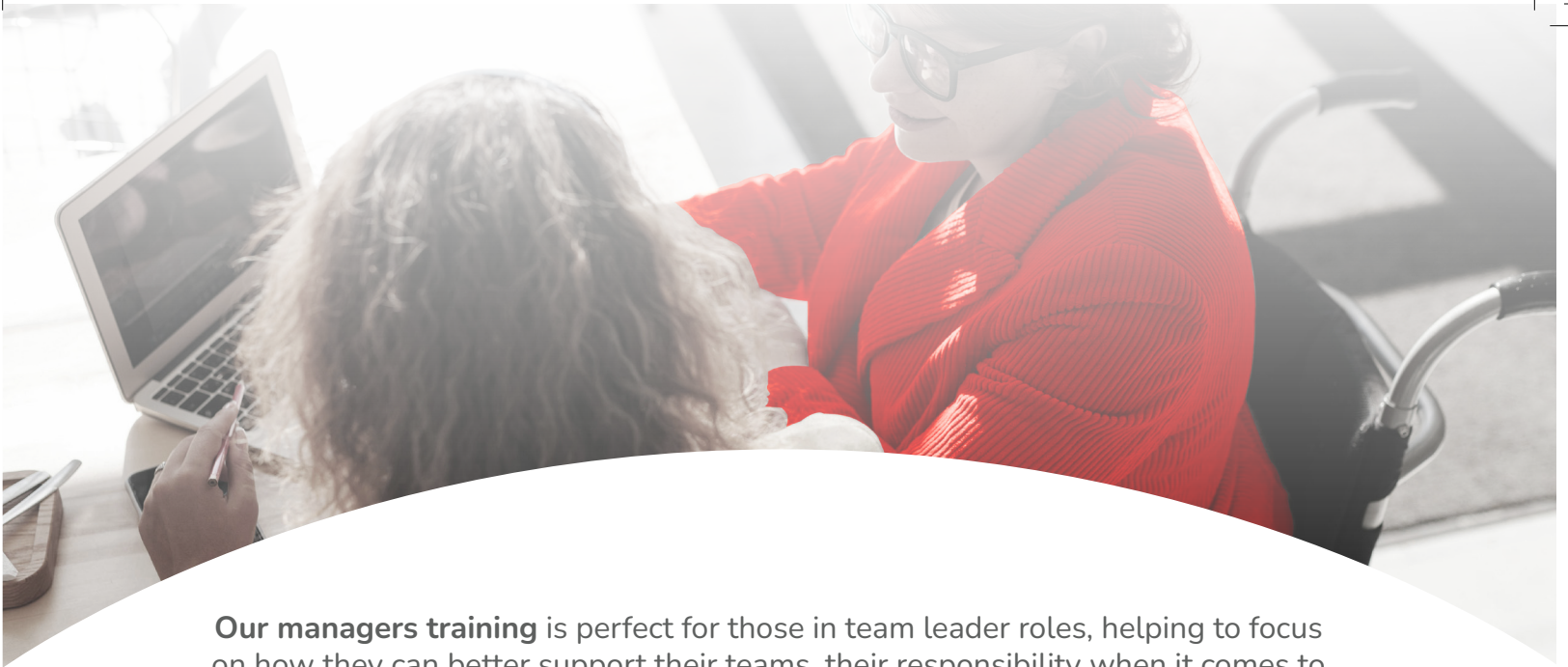


# Specialist Training for Managers, HR Staff and Senior Leadership



Whilst the off-the-shelf courses provide a good foundation of knowledge, we know that for **specialist roles** such as team managers, HR staff and senior leaders, the responsibilities can be very different to the rest of the team. That is why we have developed three different courses that focus on the key roles within a business when it comes to mental health.

All of these courses can be delivered as a half-day or one-day course. All Red Umbrella mental health courses come with **one year of free aftercare** and support, ensuring all learners get **access to a helpline** and email address to help support them in their new role as a mental health first aider.



**Our managers training** is perfect for those in team leader roles, helping to focus on how they can better support their teams, their responsibility when it comes to mental health, and how to **develop a positive culture** around mental health.


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**Our training for HR staff** is aimed at those working in a role that will most often come into contact with mental health issues in staff. This looks more at what support they can provide, but also looks at self-care and boundaries so that **HR staff don't become burnt out** and overwhelmed themselves.

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Finally, our **senior leadership training** is for those in executive and director roles, who have a greater opportunity to shape the mental health culture within their organisation. This course looks at how good leadership around mental health from the top can have an impact on a **business' efficiency** and **productivity**, as well as staff retention and growth. It also looks at how to shape a positive mental health culture within a business, as well as looking at the self-care and wellbeing of senior leaders, who often get missed when it comes to support.

# Webinars

 Our webinars offer a cost-effective and efficient way to educate a large portion of your workforce or highlight key areas around mental health that might be valuable for your business. We currently cover **over 40 subjects**, from managing stress, to menopause, imposter syndrome and climate anxiety - and, we are adding new topics all the time.

Our webinars are set as one-hour sessions, including time for questions and answers from attendees. They can also be recorded for distribution afterwards to employees who can't attend live.



# Bespoke Training and **Webinars**

**Can't find a course that's quite right for you?**

**Need something that really addresses the unique mental health challenges your business is facing?**

**We can create any kind of training course or webinar to meet your specific circumstances.**

The process starts with getting to know you and your organisation, so that we can tailor our solutions to meet the challenges you're facing. Training material can be branded to your organisation's colour schemes and logos, to create something that is uniquely yours.



# Support and Guidance



Wherever you are on your journey, whether you already have mental health support in place, have existing mental health first aiders, or you're starting from scratch and are not sure where to begin, **we can assist you on every step of your journey**, working in partnership to ensure you have the right support in place.

If you are looking to put counselling and therapy support in place, Red Umbrella's unique **Carecoins platform** provides a pay-as-you-go counselling and therapy service that means you don't pay for non-usage, can **support all of your staff** with no exclusion criteria, and can **provide that first line response** when a staff member is struggling.

# Mental Health First Aider **Aftercare Support**



The only Mental Health First Aider training provider that includes **free person-to-person aftercare** and support for one year.

## **Why?** Because we care

**Person-to-person aftercare and support is vital**, companies are essentially asking their employees to volunteer for a position, whereby they might encounter a colleague who reveals very serious circumstances in their life.

**The Mental Health First Aiders are not trained qualified therapists**, which is why Red Umbrella have them on hand should your Mental Health First Aiders need some support or guidance in any given situation.



## **Our comprehensive support package includes as standard:**

- ☂ Access to our trainers and BACP therapists for one year  
– this is for advice or even when overwhelmed after speaking to a colleague within your MHFAider role
- ☂ Support packages (included on request)
- ☂ Group MHFAider support sessions
- ☂ MHFAider forums and upskilling

# Introducing carecoins

Carecoins is a unique platform for mental health, wellbeing and resilience services that puts the user in control of their mental wellbeing.

The innovative Carecoins platform allows individuals to manage and spend Carecoins. It also includes administrative features for managing bodies to distribute Carecoins amongst their employees.





## Invest In Your Employees' Mental Wealth

- 🌀 Bespoke and tailored therapy
- 🌀 Flexible to your needs
- 🌀 BACP registered therapists
- 🌀 Support in the format that works for you
- 🌀 A service that cares about your wellbeing
- 🌀 Never AI, always a human being

# Red Umbrella

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